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USDA BULLETIN BOARD

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Broadcast by Ruth Van Deman, Bureau of Human Nutrition and Home Economics, and Maurice DuMars of Radio Service, in the Department of Agriculture's portion of the National Farm and Home Hour, Monday, November 8, 1943, over stations associated with the Blue Network.

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ANNCR: From the Department of Agriculture and War Food Administration, here are:

VAN DEMAN: Ruth Van Deman with the Bulletin Board...

DUMARS: And Duke DuMars, ready to interview an authority on flood restoration loans. After you, Ruth.

VAN DEMAN: There's a startling fact on the Bulletin Board today...a startling fact about food, a simple way in which we can help to make food fight for freedom.

Here's the fact: Last year we threw out of our homes more than four times as much food as we shipped to our Allies through lend-lease.

That cost us a lot of money, and it made our total supply of food a less potent weapon for victory.

To use food in such a way that it helps to shorten the war, we need to conserve, as well as produce and share and play square.

Conserve -- that means a lot of different things. It means eating all we take on our plates, the last bit of meat on the bone, the last spoonful of soup. It means using all the leftovers. And it means saving the food values as well as the food itself. We sometimes let the cooking water rob us of minerals, vitamin C, and the B vitamins. We don't always use the water and the juices in our soup or gravy. We put too much heat under the meat, eggs and cheese. We cut fruits and vegetables for salad too long before we serve them. We soak the good out of green vegetables. We peel away and cook out a lot of the food value of potatoes. Saving food value is saving food.

Then there's another way we can conserve. We can use the foods that are plentiful in place of foods that are scarce. The ration plan keeps us informed at all times. For example, we were buying oleomargarine at a faster rate than supplies warranted. So the point values were recently raised. We were not buying dry beans as fast as supplies warranted. So the point value was recently reduced. Some foods, including the cereals, are not rationed at all.

By using the plentiful, unrationed foods; by watching the point values of rationed foods, by cooking carefully, throwing out nothing that can be used... in those ways we can conserve food. And if we produce and conserve, share and play square, we make food fight for freedom.

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